



*Our purpose is to empower people to wellness*

## Tai Chi for Health Institute

### Tai Chi for Arthritis and Falls Prevention - USA Training Costs

All costs in USD.

For further information, contact:

[service@taichiforhealthinstitute.org](mailto:service@taichiforhealthinstitute.org)

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### Instructor Training for Tai Chi for Arthritis and Falls Prevention (TCAFP)

**Total Cost: \$490**

(\$380 Workshop Fee + \$110 Materials & Membership Fee)

- **\$380 - Workshop Fee**
- **\$110 - Materials & Membership Fee** includes:
  - **SIPP (Self-paced Instructors Preparation Package)**  
A comprehensive guide with full instructional lessons, teaching guides, safety protocols, and all necessary skills to become a safe and effective instructor.
  - **Teaching Tai Chi Effectively book and Tai Chi for Arthritis and Fall Prevention Handbook**
  - **1-year Standard Membership with TCHI**  
All certified instructors are listed online on the Tai Chi for Health Institute website. The Institute provides ongoing support at all instructor levels.  
**Support includes:**
    - Location guides and online listings
    - Maintaining quality control and ethical standards
    - Full-time staff, technical support, and dispute resolution
    - Tai chi technical support from Dr. Lam, Master Trainers, and Senior Trainers
- **+ \$50 to add Seated Tai Chi for Arthritis (STCA) qualification**

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### Update for Tai Chi for Arthritis and Falls Prevention (TCAFP) Instructors

**Total Cost: \$200 - Workshop Fee only**

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**www.tchi.org**

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